

2019 WORKSITE WELLNESS AWARDS & CONFERENCE

Living and Working Healthfully in a World of Distractions



Dawna Ballard — Keynote Speaker

Dawna Ballard (Ph.D., University of California at Santa Barbara, 2002) is an expert in chronemics—the study of time as it is bound to human communication. She researches what drives our pace of life and its impact on the communication practices and long term vitality of organizations, communities, and individuals. Recently she has studied the historical and contemporary problems with “work-life balance” discourse, time in navigating professional football careers, the time-sensitive coordination of multidisciplinary children’s advocacy teams, managing the challenges of information overload and 24/7 multitasking cultures, as well as decision tradeoffs between convenience and security in identity management.

Dr. Ballard has published an edited book, *Work Pressures*, as well as numerous peer-reviewed articles in outlets such as *Communication Monographs*, *Communication Research*, *Small Group Research*, *Human Communication Research*, *Management Communication Quarterly*, *Communication Yearbook*, *Journal of Applied Communication Research*, and *KronoScope: Journal for the Study of Time*. She is a *Public VoicesFellow*, *Texas Program in Sports and Media Fellow*, and a faculty affiliate at the Center for Identity as well as the Center for Health Communication at the University of Texas at Austin. Her research and commentary have been featured in mainstream news outlets such as *Huffington Post*, *Medium*, and *Women’s eNews* and at venues such as *SXSW* and *Creative Mornings*. She is a member of the *National Communication Association* (past Chair, Group Communication Division), *International Society for the Study of Time* (past Council Member), *International Communication Association*, *Information Overload Research Group*, *Interdisciplinary Network of Group Researchers*, and is an Advisory Board Member of *Take Back Your Time*. She teaches courses on organizational communication, communication in groups, teams and communities, scale development, and chronemics.

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Alexandra Clauss

Alexandra is an attorney and shareholder with Primmer Piper Eggleston & Cramer PC in Burlington. Her practice is devoted to advising employers on a wide range of human resources issues and employment law compliance. She is a frequent speaker on HR topics, and she conducts workplace trainings, employee handbook reviews, and internal investigations. Alexandra received her Bachelor of Commerce from McGill University and her J.D. from Tulane University Law School. She is admitted to practice in VT, NH and CA. She has been selected as a Super Lawyers® Rising Star® in Employment & Labor each year since 2014.

Liz Dallas

Why Wellness Leadership is Essential to Employers of the Future

Liz helps leaders shift their thinking to support a 21st Century landscape – one that changes fast, is increasingly complex and presents exponential uncertainty. The typical lens of leadership is insufficient to ensure sustainable success. Liz developed the A to B Paradigm Shifter to help you look through a new lens. Her organization's highly experiential processes are based on research that produces deeper, more meaningful understanding and implementation in a world of possibility.

Ed DeMott

Moving the Needle on Chronic Disease Prevention—How can worksites create real change?

Ed DeMott, MS is a Chronic Disease Prevention Specialist with the VT Department of Health. He works out of the Burlington Office of Local Health which serves Chittenden County. His focus has evolved from working with individuals at nutritional risk to a more community –based perspective that seeks to affect change by impacting risk factors for chronic disease at the policy and systems levels. Ed works with a host of community partners, many of whom are worksites who wish to begin to focus more on wellness ventures. Outside of work, Ed enjoys reading, cooking , hiking and spending lots of time with his pets.

Rebecca Flewelling

Nutrition for a Focused Mind

Rebecca Flewelling studied Nutrition and Psychology at the University of Minnesota after struggling with her weight and health for 12 years. Rebecca has been seeing clients individually at her private practice and teaching workshops on Nutrition for both companies and schools for over the past 19 years.

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Marie Frohlich

Why Wellness Leadership is Essential to Employers of the Future

Marie has been a champion for vitality and balance in the workplace AND at home for over 15 years – as a certified health coach, she specializes in self-care and reducing stress, using a holistic and experiential approach to engage and inspire through speaking, individual coaching, group workshops, interactive worksite presentations, and organizational retreats. Her byline is “Co-creating Health from the Heart.” Marie is also an Herbalist and is principal owner of Taproot Herbals.

Martha Gagnon

Sustainable Wellness Programs for Small Business: A Worker’s Comp company partnership

Martha serves as the Employee Benefits and Wellness Specialist for A.I.M. Mutual Insurance Companies. She joined A.I.M. Mutual in May 2013 as the Wellness Coordinator for the Injury Prevention and Worksite Wellness (IPWW) department. She manages the AIM Works wellness program and assists employers in obtaining additional benefits for all employees through the Associated Industries of Massachusetts. Prior to joining A.I.M. Mutual, Martha was the Director of Worksite Health Initiatives for the American Cancer Society, where she led New England employers in developing wellness programs based on specific health risk factors linked to chronic disease.

Gen Habeck

TotalHealth: Creating a resilient workplace through recovery-supportive practices

Genevieve Habeck is the Director of Education and Outreach for Invest EAP, a unique public/private non-profit collaborative and the only statewide Vermont-based employee, family, and organizational assistance program. Her areas of expertise include worksite wellness, total worker health™, and best practices for work/life balance. Her speaking engagements include VT HRA monthly workshops, supervisor training on best practices, the 2016 SHRM conference, and many other association and industry workshops.

Porter Knight

Work Well, Feel Well: Mastering the art of focus

Productivity expert Porter Knight is a dynamic and popular presenter, life-changing consultant, and author. Since founding Productivity Vermont in 1996, she has taught thousands of Vermonters to be more engaged and productive in the workplace. A graduate of Middlebury College, she lives in Bristol, Vermont with her husband and their sons.

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Michelle Mortimer

TotalHealth: Creating a resilient workplace through recovery-supportive practices

Michelle is the founder and owner of Wellness Works, an Occupational Health and Wellness business which places nurses into companies throughout the region. A seasoned nurse with over twenty years of experience, Michelle spent much of her early career leading award-winning teams in critical care settings. It was the experience of caring for people after they had become afflicted with preventable diseases, that inspired her to create a company dedicated to advancing the health of individuals.

Mari Ryan

Sustainable Wellness Programs for Small Business: A Worker's Comp company partnership

In her career, spanning over 30 years, Mari Ryan has been a training, health promotion and business professional. She has developed and delivered educational programs to a variety of audiences. As a health promotion professional, she currently develops educational program materials on a variety of health, well-being and business topics. In 2006 she founded Advancing Wellness to deliver worksite health promotion programs. To date her services have touched the lives of over 250,000 individuals.

Rebecca Shubert

Comprehensive Worksite Wellness: Integrating health, safety, and wellbeing

Rebecca Schubert is a Registered Dietitian and a Board Certified Health and Wellness Coach. She holds a Master's degree in Nutrition Education and another in Executive Leadership and has over fifteen years of experience working in the health and wellness arena. She is passionate about supporting others as they pursue their journey to optimize their well-being. When she's not working, you will most likely find her spending time with her husband and dog, hiking, snowshoeing, lifting weights, training for an endurance event or relaxing with a good book.

Teresa Stewart

It's all Interconnected: Exploring the relationship between sleep, stress, and the work environment

Teresa Stewart, MS, MPH is a sleep consultant and health educator. She presents at conferences nationally. Her academic background and professional experience are in sleep, development, safety, and health. In addition to her practice, she's also the COO and Director of Continuing Education at the Association of Professional Sleep Consultants.

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Paul Toth

Why Wellness Leadership is Essential to Employers of the Future

As Chief Culture Strategist at Vital Leadership Coaching, Paul is driven to unlock the *exceptional* in every organization and individual he works with while transforming how we lead in the twenty-first century. A skilled coach and facilitator, Paul can help you effectively engage in the meaningful conversations you need, but rarely have.

Ben Traverse

Ben is a labor and employment attorney with Downs Rachlin Martin. Prior to his role at DRM, Ben worked in the Employment Law Division of the New York City Law Department representing various municipal agencies, including the New York City Police, Fire and Education departments. Ben also served as a judicial law clerk for the Vermont Superior Court, working on a number of employment-related matters pursued under Vermont's civil rights statutes.

Heather Wright

Legal Trivia Quiz Bowl! Vermont Laws for Healthy and Inclusive Workplaces

Heather is a labor and employment attorney with WrightJones. In her practice, Heather helps businesses throughout New England make legal decisions in alignment with their individual organizational values. WrightJones has been repeatedly voted Vermont's Best Employment Law Firm, and Heather was identified as a 2018 Vermont Rising Star. Prior to practicing law, Heather worked for over a decade as an HR professional, including roles as an HR Director and as an HR consultant for small businesses, start-up organizations, and food co-ops of all sizes. As an attorney, Heather now leverages her HR background to provide a unique and thorough perspective on legal issues in the area of labor and employment law.

Bethany Yon

Moving the Needle on Chronic Disease Prevention—How can worksites create real change?

Bethany Yon, PhD is a Public Health Specialist focusing on Chronic Disease Prevention with the Vermont Department of Health. She works out of the Offices of Local Health covering Addison and Rutland counties. Most of her work focuses on supporting community partners (municipalities, workplaces, schools and hospitals) with their efforts to make Vermont one of the best places to live, work, and play. Bethany earned her BS, MS and PhD in Nutrition at the University of Vermont.